

Macarena

1. Extend your right arm straight out in front of your right shoulder, palm down
2. Extend your left arm straight out in front of your left shoulder, palm down
3. Turn your right hand over so that the palm is facing up
4. Turn your left hand over so that the palm is facing up
5. Bring your right hand to your left shoulder
6. Bring your left hand to your right shoulder
7. Bring your right hand out from underneath your crossed left arm in order to put the right hand on the right, back side of your head
8. Bring your left hand from your right shoulder to the left rear side of your head
9. Bring your right hand to your left hip
10. Bring your left hand to your right hip
11. Uncross your right hand by bringing it out from under your left hand and placing it your right hip
12. Bring your left hand from your right hip to your left hip
13. Wiggle your hips to the music
14. On the last count of the phrase, jump straight up in the air and do a quarter turn to the right
15. Repeat the dance in this direction, and subsequently the remaining two directions so that eventually you have performed the dance for audience members in all four directions



Extend your right arm straight out in front of your right shoulder, palm down



Extend your left arm straight out in front of your left shoulder, palm down



Turn your right hand over so that the palm is facing up



Turn your left hand over so that the palm is facing up



Bring your right hand to your left shoulder



Bring your left hand to your right shoulder



Bring your right hand out from underneath your crossed left arm and place it on the back right side of your head



Bring your left hand from your right shoulder to the left rear side of your head



Bring your right hand to your left hip



Bring your left hand to your right hip



Uncross your right hand and bring it to the back of your right hip



Bring your left hand from your right hip to the back of your left hip



Wiggle your hips to the music



On the last count of the phrase, jump straight up in the air and do a quarter turn to the right